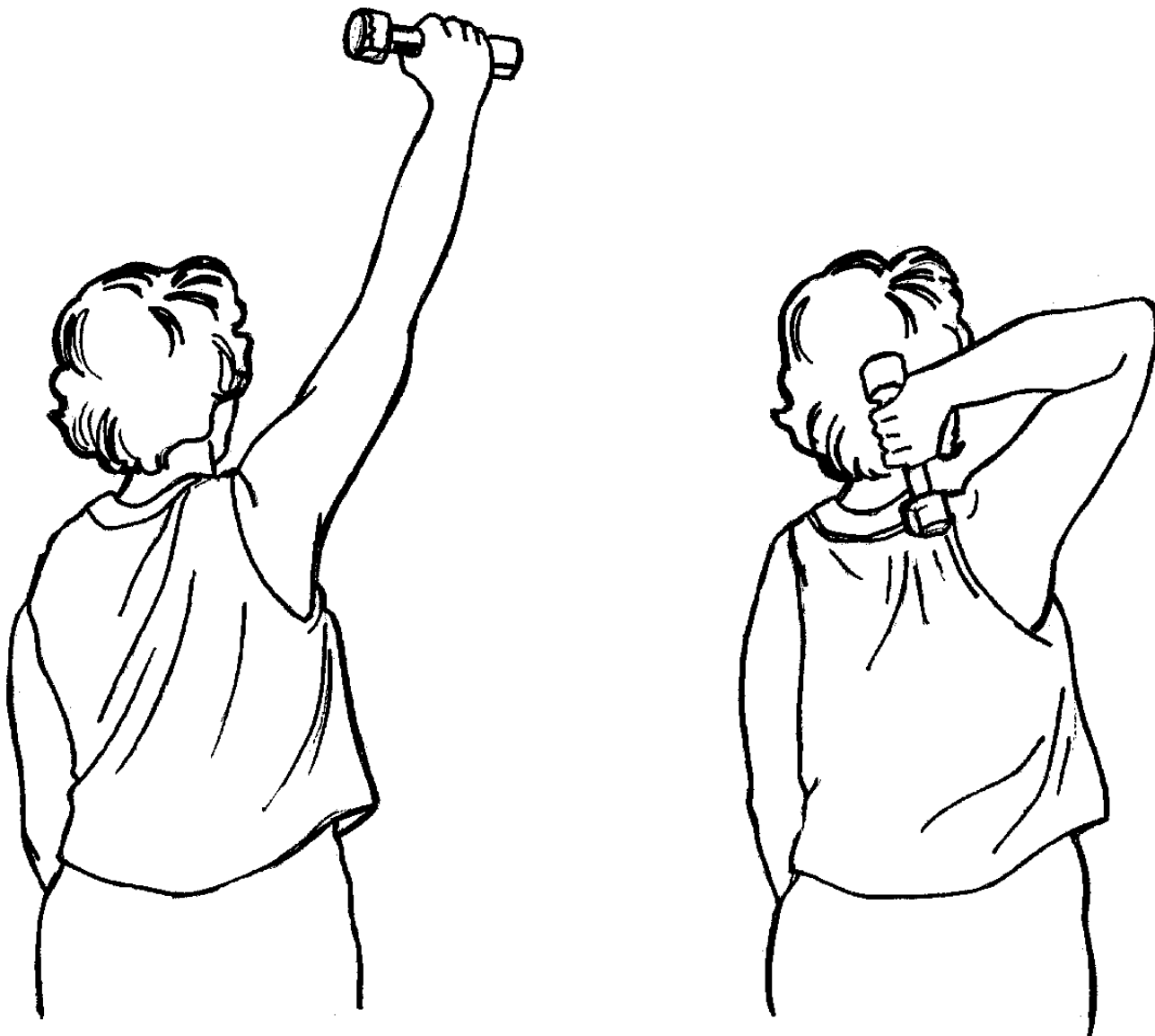


Overhead Tricep Extension

(with or without weights)



Raise your right arm over your head. Bend your elbow to bring your palm behind your head. Slowly return to the starting position; repeat 10 times. Repeat with your left arm.